



FASTPITCH SOFTBALL PITCHERS & CATCHERS CLINIC

Saturdays March 13, 20, 27, April 3, 10, 17, 2010

Ages 9-14

Fee: \$24

2:10-3:10 pm

The clinic will cover basic fundamentals of pitching and catching which will include pitcher development, catching techniques, and strategies for both.

In case we are short on catchers, pitchers should plan on having someone come to be their catcher.

Some catcher's equipment will be available for use during clinic.

Instructor: Kevin Yaritz

I have been coaching girls and boys for 17 years in many different youth sports ages 3-18. I have spent the last number of years furthering my education in the game of softball and coaching so that I can bring it back to our youth. I look forward to working with the kids to teach the fundamentals of pitching & catching.

Pitchers Outline

Grips / wrist snaps
Intro. the power line
Intro. the pre-motion
a Pitch
Warm up Circles
Exploding off Mound
Different Pitches

Limit 12

**Register on line at www.stpaul.gov/parks
call us at 651-558-2255, or come into the office.**

**Location: Municipal Athletics
Rice & Arlington Batting Cages**

Catchers Outline

Stance & Balance
Calling Pitches
Framing & Catching

Throw Downs
Pick offs
Blocking drills
Passed Ball flips

Municipal Athletics
1500 Rice St. St. Paul, MN 55117
651-558-2255

Sign up now to reserve your spot!

